



MEALS

Breakfast 9am
Lunch 1pm
Dinner 5pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day 9:30 Monthly Updates w/ Brittney 11:30 Manis and Mocktails	10:30 Drum Circle with Chris 11:30 Rendever Virtual Reality Experience	10:00 Elizabeth Seton Delivers Communion 2:30 Ice Cream Social	Independence Day 10:00 Sittercise 10:30 Scarf Dancing 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
5 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Balloon Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	6 9:30 Weekly Updates with Brittney 11:30 Craft Corner Patriotic Paper Garland Craft	7 11:30 Spiro 100 Exercise 3:00 Movie and Muchies: The Music Man	8 11:30 What's Cooking? Star Spangle Cookies 3:00 Walking Club	9 11:30 Light Weight Chair Exercise 3:00 Whole Brain Health Exercise	10 11:30 Manis and Massage 3:00 Walking Club	11 10:00 Sittercise 10:30 Jamboree: Music and Instruments 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
12 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Parachute 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	13 9:30 Weekly Updates with Brittney 11:30 Craft Corner: God Bless America Wreath	Bastille Day 11:30 Rendever Virtual Reality Experience 3:00 Who, What, Where? Liberty Bell	15 11:30 Bowling 3:00 Ye Old Williamsburg Crossword Puzzle	16 11:30 Rummy 3:00 Sundae Social	17 10:00 Elizabeth Seton Delivers Communion 3:00 Movies & Popcorn ft: The Love Boat	18 10:00 Sittercise 10:30 Bag Toss 11:00 Art Corner 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
19 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Ring Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	20 9:30 Weekly Updates with Brittney 11:30 Craft Corner: Wooden Star Pinwheel	21 11:30 Bowling 2:00 Monthly Birthday Celebration	22 11:30 The Sound of Drum and Fife 3:00 Walking Club (Bridge)	23 11:30 Rendever Virtual Reality Experience 12:30-2:30 Trip Around Town 3:00 Patriotic Color Game	24 11:30 Mexican Do 3:00 Walking Club (Bridge)	25 10:00 Sittercise 10:30 Gardening on the Patio 2:30 Bingo 3:30 Spa Time 4:00 Cranium Crunches
26 10:00 Sunday Service 11:00 Moving and Grooving 11:30 Balloon Toss 2:30 Smoothie Social 3:00 Bingo 5:45 Mindful Meditation	27 9:30 Weekly Updates with Brittney 11:30 Craft Corner	28 11:30 Rendever Virtual Reality Experience 3:30 Star Spangle Puzzle	29 9:00 What's Cooking with Chef Kevin 11:30 Manis and Mocktails	30 11:30 Domino Train 3:00 Jeopardy	31 10:00 Elizabeth Seton Delivers Communion 3:00 Rootbeer Float Social	